

NUTRITION GUIDE



RUSSWOLE

TIPS & TACTICS

TIPS & TACTICS FOR HEALTHY EATING

- 1** Try your best to eat your macros from whole foods.
- 2** Get close to 100g of carbs before a workout to help overall strength output in the gym.
- 3** Try to limit "snacks" to one a day. They sometimes cause cravings to get out of control. Whole meals>snacks.
- 4** Take creatine in the morning after breakfast along with multivitamins.
- 5** "Cheat days" or "cheat meals" aren't bad and won't mess up your diet. But keep them within reason.
- 6** Learn how to use a food scale, read nutrition labels, count macros, and use a food tracking app.

- 7** You should be drinking up to (if not more than) a gallon of water on a daily basis.
- 8** Finish your meals by 10PM to help with consistent weigh-ins
- 9** Add some kind of vegetables to every meal that you eat during the day.
- 10** Choose healthy oils (like extra virgin olive oil, avocado oil & coconut oil)
- 11** Limit protein shakes as much as possible.
- 12** Give your body 1-2 hours to fully digest your meals before working out.
- 13** Eat 3 meals and 1 or 2 snacks per day

TIPS & TACTICS FOR **HEALTHY LIVING**

- 1** Get 7–9 hours of sleep per night
- 2** Define your goals. Find your “WHY”. Make sure you are purposeful with your workouts and intentions.
- 3** Limit excessive drinking on the weekends.
- 4** Wear your favorite clothing in the gym.
- 5** Try laying out your outfit for the gym the night before.
- 6** Read a new book.
- 7** Focus on accomplishing one thing at a time.

- 8** Take negative words out of your vocabulary. Words carry weight so be mindful of what you say.
- 9** Manifest what you want to accomplish in life. Think about your goals and think about if your actions will help take you there.
- 10** Challenge your mind – learn a new skill, start a hobby, play brain games
- 11** Stay up-to-date on all your doctor and dentist visits



GROCERY LIST

PROTEINS

- | | |
|--------------------|---|
| + Ground turkey | + Trout |
| + Chicken | + Cod |
| + Shrimp | + Herring |
| + Eggs | + Beans |
| + Egg whites | + Lentils |
| + Wild fish | + Quinoa |
| + Grass-fed steak | + Cottage cheese |
| + Pork | + Greek yogurt |
| + Lamb | + Lentils |
| + Chunk light tuna | + Protein powder:
whey, vegan,
pea, hemp,
collagen |
| + Salmon | |
| + Sardines | + Tempeh |

CARBS

- + Sweet potatoes
- + Potatoes
- + White rice
- + Brown rice
- + Oats
- + Oat flour
- + Quinoa
- + Oatmeal
- + Buckwheat
- + Ezekiel bread
- + Sprouted grains
- + Rice cakes
- + Yuca
- + Amaranth
- + Barley

VEGGIES

- | | |
|--------------------|---|
| + Artichokes | + Eggplant |
| + Asparagus | + Fennel |
| + Beets | + Green beans |
| + Bean sprouts | + Leafy greens
(lettuce, kale,
spinach, etc.) |
| + Broccoli | |
| + Brussels sprouts | + Radishes |
| + Cabbage | + Tomatoes |
| + Carrots | + Turnips |
| + Cauliflower | + Rutabaga |
| + Celery | + Zucchini |
| + Cucumbers | |

FRUITS

+ Apples

+ Grapes

+ Apricots

+ Kiwis

+ Bananas

+ Oranges

+ Blackberries

+ Pineapples

+ Blueberries

+ Raspberries

+ Grapefruits

+ Strawberries

FATS

- + Almonds
- + Almond butter
- + Algae oil
- + Avocado
- + Avocado oil
- + Brazil nuts
- + Cashews
- + Chia seeds
- + Coconut oil
- + Flaxseed
- + Hemp seeds
- + Macadamia nuts
- + Olive oil
- + Peanut butter
- + Pistachios
- + Pumpkin seed oil
- + Pumpkin seeds
- + Walnut oil
- + Walnuts

OTHER

+ Halo Top
ice cream

+ Tea

+ CBD

+ Coffee

SUPPLEMENTS

+ Protein

+ Glutamine

+ Pre-workout

+ Creatine

+ Post-workout

+ Vitamin C

+ BCAAs

+ Multivitamin

MEAL PLAN

Calories & portions

Calorie counting

If you're trying to lose weight, multiply your goal weight by 12.

A person aiming to weigh 150 lbs should eat around 1800 calories per day until they reach that weight.

If you're trying to maintain your weight, multiply your weight by 15.

A person who weighs 150 lbs should eat around 2250 calories per day to maintain that weight.

Portion size

You can roughly measure out portion sizes with your hands. Measure carbs and veggies using your fist, protein using your palm, and fat using your thumb.



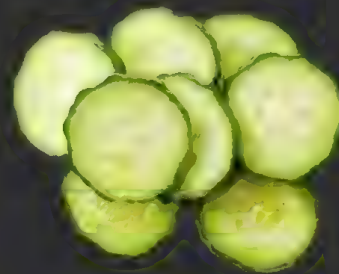
Carbs

A clenched fist equals about 1 cup.



Veggies

The front of your closed fist equals about ½ a cup.



Protein

Your palm is equal to one portion of meat or fish (approx. 100 g).

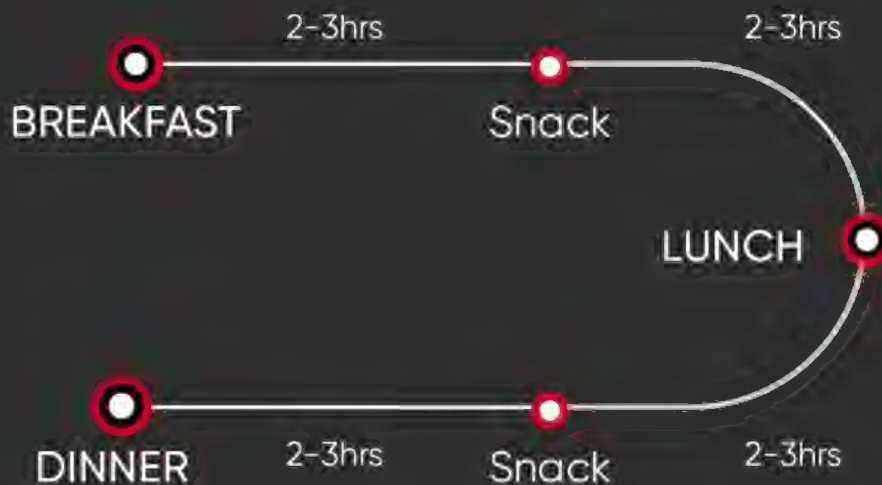


Fat

From the tip of your thumb to the base of your thumb is about 1 tablespoon.



Number of meals



- ✓ Eat small meals every 2-3 hours, 5 times per day.
- ✓ Breakfast, lunch, or dinner should come 1 hour after your daily workout.
- ✓ You can drink as much water, sparkling water, black coffee, and tea as you want.
- ✓ Make sure lunch and dinner (and breakfast, if you can!) contain a large portion of greens.

MEAL #1

BREAKFAST

30-40g of protein | 10g of fat |
30-50g of carbs

EXAMPLES

- 1** Protein pancakes or waffles covered with peanut butter or cookie butter and 1 cup of egg whites with a handful of spinach
- 2** 1-2 servings of oatmeal, egg whites with spinach and/or other veggies, protein shake with 20 or so grams of protein
- 3** Breakfast tacos - 25g of protein in egg whites (or whole eggs), flour tortilla, fat free cheese, sriracha
- 4** Ground turkey, beef, or steak, 25g of protein in egg whites, potatoes/hash browns



MEAL #2

SNACK

Eat something that contains protein and carbs. This will hold you over until your next meal. You can make your snack sweet to give you that feeling of enjoying a "cheat meal" without actually having to eat something that is extremely calorically dense. Limit snacks to 1-2 a day.

EXAMPLES

- 1 Protein bars
- 2 Core Power protein shake
- 3 Banana with peanut butter or cookie butter
- 4 Greek Yogurt with mixed nuts



MEAL #3

LUNCH

Lunch can be the meal you have before or after a workout depending on when you go to the gym. Lunch should supplement your breakfast and bring you up to 100g of carbs if you are eating it before a workout. Your breakfast should contain 50g of carbs or so, so you should be up to 100-120 by the time lunch is over. Lunch macros should be 60-80g of carbs, 40-50g of protein, 10-15g of fat.

EXAMPLES

- 1 Ground turkey, broccoli/mixed veggies, jasmine rice (season with Slap Ya Mama cajun seasoning, you can also add teriyaki sauce)
- 2 Ground turkey tacos - Ground turkey, flour tortillas, pico de gallo, arugula, cilantro lime sauce
- 3 Ground beef burgers - Ground beef, white bread, pepper jack cheese, lettuce, barbeque sauce, sweet potato fries



MEAL #4

SNACK

EXAMPLES

- 1 Rice cakes with peanut butter or cookie butter
- 2 Fruit with chamoy/tajin
- 3 Beef jerky



MEAL 5

DINNER

Dinner should be a bit bigger than your previous meals. This will allow you to go to the end of your day with a full stomach, helping you to go to bed easier and get the rest you need. Your final meal should finish up your macros for the day. Eat dinner before 10PM to have a consistent weigh-in the next morning.

EXAMPLES

- 1 Curry chicken and rice - coconut curry shredded chicken with your choice of rice and mixed veggies
- 2 Protein pizza - ground turkey, shredded chicken, or ground beef added to a flatbread
- 3 Shrimp "fried" rice - shrimp, jasmine rice, mixed veggie medley (or veggie stir fry), teriyaki sauce



FEW MORE IDEAS

- ✓ Run through your warm up routine before every workout and stretch a bit after to decompress.
- ✓ Try to watch your sodium intake. Too much sodium can cause you to hold water and weigh more when you're weighing yourself in the morning.
- ✓ Wash your face before and after you workout!





Questions?

Go to my profile and
tap the message icon



russwole